



Breastfeed:
That's the Ticket!

Breastfeeding makes a difference!



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1.

Congratulations!

You have a baby girl! Her name is_____.

You want to nurse her in the hospital so she will get colostrum to protect her against infections, but you are not sure you will breastfeed her after that.

What will you do?



2.

Congratulations!

You have a baby boy named _____.

You have rooming-in at the hospital and your baby starts to suck on his fist and turn from side to side in search of your breast. You have visitors in the room--friends from school and one of your teachers.

What will you do?



3.

Congratulations!

You have a healthy baby boy whose name is_____.

Your baby's great auntie comes to see him in the hospital. She is your baby's godmother. She says your first milk, colostrum, is not good for the baby and you should throw it away until your real milk comes in.

What will you do?



4.

Congratulations, Mom!

You have a 7 lb. 8 oz. baby girl!

You name her _____.

You love her so much and you want to be a good mother. You don't know anyone who has breastfed. What if it hurts? What if you aren't doing it right?

What will you do?



5.

Congratulations, Ma!

You have a beautiful daughter. Her name is _____. She weighs 6 lbs. 7 oz. You want to breastfeed her, but you are afraid you won't make enough milk for her. Your breasts are small and you don't always eat as well as you should. **What will you do to make sure your baby is getting enough to eat?**



6.

Congratulations!

You have a darling son. You name him _____. When you leave the hospital, you have a terrible headache and want to take a medication, but you are breastfeeding.

What will you do?



7.

Congratulations!

You have a baby girl! Her name is _____.

The doctor says she has a little jaundice and will have to stay in the hospital a while longer.

What can you do for your baby?



8.

Congratulations!

You have a baby boy! His name is _____. You had a long labor and delivery. The nurse brings you your baby 30 minutes after you deliver, but he is not hungry. All he wants to do is sleep!

What will you do?



9.

Congratulations, Mommy!

You have a handsome son, 7 lb. and 3 oz.! His name is _____. Your baby's father is in the room when it is time to nurse your baby. He wants to give the baby a bottle and feed him. You would like to try to breastfeed your baby to see how it goes. Also, you have heard that giving him bottles will interfere with your milk production.

What will you do?



10.

Congratulations, Mommy!

You have a baby girl named _____.

You caught a cold and fever the day before you went into the hospital to deliver her.

What will you do?



11.

Congratulations!

You are the proud mother of a bouncing baby girl named _____. You never really thought you would breastfeed. Your mother didn't breastfeed and you turned out all right. But after learning how breastfeeding makes you and your baby healthier, you're having second thoughts. Soon the nurse will bring your baby and a bottle of formula to you.

Is it too late for you to decide to nurse your baby?



12.

Congratulations, Mommy!

You have a baby boy named _____.

You brought him home from the hospital to your parents' house where you'll be living. You don't want to smoke around your baby, but both your parents smoke and they will be around him a lot.

What will you do?



13.

Congratulations!

You have a baby girl! Her name is:_____.

She is three days old and you can feel your milk coming in. Your breasts are so full that your little daughter is having trouble latching on..

What can you do?



14.

Congratulations!

You are the proud mom of a beautiful baby girl! Her name is _____.

You decided when you were pregnant you wanted to breastfeed your baby, but it won't be long before you have to go back to school and a second job.

Why bother to breastfeed her at all?



15.

Congratulations!

You have a baby boy. His name is _____He arrived 5 weeks ahead of schedule and only weighs 4 pounds. He is in the NICU (Neonatal Intensive Care Unit) and won't be able to go home with you until he is consistently gaining weight.

What can you do to help him gain weight and thrive?



16.

Congratulations, Ma!

You have a new baby boy named _____.

You would like to give your baby the healthiest start in life by breastfeeding, but you like chocolate, coffee, pizza, and lots of things that probably aren't good for him.

What will you do?



17.

Congratulations, Mommy!

You have a baby girl. Her name is _____. You didn't expect to get pregnant and now that she is here, you wonder if you will ever get to be "young" again. You want to see your friends and go to the mall, movies, and parties. If you breastfeed, you will have to be with her all the time, won't you? **What will you do?**



19.

Congratulations!

You have a beautiful baby girl. You name her _____. You nursed her in the hospital, but when you bring her home, everything seems so hard! Your baby cries. There is so much to do, so many things to remember. How can you be sure you are doing everything right? Your mother and your friends think you should just put her on formula. **What will you do?**



18.

Congratulations, Mommy!

You have a beautiful baby boy! His name is _____. Your family has a history of allergies--and that includes you. Your allergy doctor recommends that you breastfeed as long as possible.

What will your breastmilk do for your son?



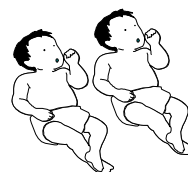
20.

Congratulations, Mom!

You have twin daughters! Their names are _____ and _____. You told the hospital staff and your doctor that you want to breastfeed, but the nurse gives you sample formula and says, "I don't think you will have enough milk for them both."

What will you say to the nurse?

How can you get help caring for twins?



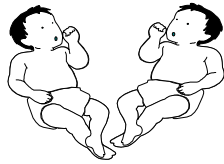
21.

Congratulations, Mom!

You have twins! A boy named _____ and a girl named _____.

When you go home, there is no one to help you. You and your babies live with your mom, but she works a double-shift at the mall. Your friends are all in school and some of them have jobs, too.

What will you do?



22.

Congratulations, Mother!

You have just had a bright-eyed, healthy baby boy. You decide to name him _____. Because your baby was in a breech, position, the doctor delivered him by C-Section. You try to hold your baby the way you were taught in WIC pregnancy classes, but this is very uncomfortable!

What can you do to make nursing easier and more comfortable these first few days?

